From Clout to Clarity: Gabbana’s Blueprint for Wellness | Ft. Cledis Duran aka Jersey | Ep. 83 Transcript

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Introduction and Guest Background

I do what I'll do today because I've encountered God in unexplainable ways numerous of times. That led me to the faith that I follow. I want people to recognize that you can go right into the Bible, and the bible is feeding you so much of this information of how to take care of your health.

To be a Christian is to be someone that follows Christ. It's just a name. There's many people that follow Christ that don't go to same church. Once known as boom gang, a viral sensation for chaos and crime, Fuckin' gang shit, you know what I'm sayin'?

I shouldn't have played you. Do, do, do, doo. Ba, ba, baa, baa. Shit like me. Whoa! Yeah! You can say it without the gate. Hey, boom. You better fall. John Hill Jr.

now goes by Holy Gabbana, a bold voice for Jesus Christ. With co-host Cletus Duran, also known as Jersey, they explore faith-driven outreach that honors Jesus.

After my cellmate shared the gospel with me, my friend got shot, set up, died, pronounced dead in the grass, woke up in a hospital talking about Jesus, and he said that he experienced something after that, that it was just so heavenly, it just was so loving.

All he knew that he'd rather be there than to be back on this earth with his wife and his kid. Let's go. That's powerful. We're taking God's creation and we're take the God who created it out of it.

And trying to replace them with it and that's what we shouldn't do. Nah. They're praising the gift and not the one that gave the gifts. Who should be put first?

The wife, the kids, or the Lord? God, my wife then kids. Yeah, that's how it is. God goes first and then your wife and your kids. That's just the truth.

Let's dig deeper into that so people understand why. Whoa! Welcome to another episode of a healthy point of view podcast. I'm your host Sam Tahata. And as usual, we're bringing experts from all over the world, talking about health, wellness, beauty, and mindset.

Today is going to be a little bit different. You guys are going understand where my passion for health truth, truthfully comes from. It really comes form the inside and it comes my connection with God.

And today we're gonna be talking about spirituality and how spirituality is part of nourishing your body, not just physically, but also mentally. So today, we bring in a guest who has really given his life to the Lord.

We're bringing a guess who, has, really lived in different states of his, life that, Most of you guys will understand and connect, but at the same time, see it come from a whole different angle.

Today we have John Robert Hill, also known as the Holy Cabana, here at The Podcast, who's going to talk more about spirituality and how important it is to be here.

Alongside with him, we're going have co-host, Kledi Studang, known at Jersey. You guys have seen him on my content. We talk about how it's important to have a group of men who are there, the brotherhood, to be able to feed you God's word.

He's my spiritual brother. Every time I go to the barbershop, he's there feeding me the information that I truly need. Gentlemen, welcome to a Healthy Point of View podcast.

We're here, gentlemen. Holy Gabbana, pleasure, brother. Pleasure. It's a pleasure being here, Thurman. Thank you for having me. Absolutely. We got co-host Jersey.

Thanks you. thank you, for have me, appreciate it. So I want to just start off for the viewers and listeners to understand truly who Holy Gabana is. How did everything start at the moment that you actually decided to give yourself to the Lord?

So basically my testimony? Yeah. Well, the seed started when I was doing time in LA County and my cellmate introduced me to the gospel. And the water was after my dog got shot.

He was set up, pronounced dead, and he had a heavenly encounter with Jesus and He came back and was just so expressive in his encounter the Lord. So ever since then, man, I've just been living my life for the God.

Absolutely. So holding about it, you created a tremendous amount of fame on these different social media platforms early on. And I've seen a lot of your content, and you're doing certain things, pranks and going into stores and living this certain lifestyle.

Let's talk about that. What made you actually live that lifestyle at that current moment in time when you were doing those things? I mean, when I first gained the name for myself, I was 20 years old.

It was the year I turned 21. But, you know, at 20-years-old, i was full of energy, full dreams, and I'm willing just to just to do anything I felt I needed to to get what I wanted.

And what wanted was to give a name for myself, to be popular, be famous, and to rich. So whatever that looked like, I just decided that, yeah, Imma do that.

For me, creating content was the outlet. Eight years ago, it wasn't as big as it is now because now everybody's a constant creator. But when I got a hold of it, I was like, man, this is the wave and I need to jump on it now, because this going to change my life.

Testimony and Turning to Faith

And it has changed my life and it still is life-changing, but now I'm doing it for a different cause. The interesting part, and Jersey, we talked about this when we were at the shop, kind of preparing for the podcast, is that you created a platform with millions of followers doing what you were doing before.

But you ended up switching up to utilizing that exact same platform to spread a whole different message. I mean, that's powerful. Actually, I follow a lot of content creators, but I don't know that many content readers that have done that.

I mean, do you guys know any other content creators that have done something like that? Me personally, no, not really. Right. Not in that space, you know, the transition.

And actually, it seems like you've got more followers now and he's praising the Lord. So it's amazing. Yeah, that's something that a lot of people have to recognize.

And we actually just had a guest, we haven't published a podcast as of yet, and she was a Playboy model. She had her own healing process, spiritual, I don't know if she's Christian based, but we didn't get that for her.

but she's actually became a Reiki healer. And now her platform, she utilizing it completely different. But she hasn't actually started utilizing the platform in that way.

So I hope this podcast, when she listens to it, actually touches her certain ways to understand what she can do with her platforms. She's got millions of followers as well too.

A lot of her followers, these are people that were looking at her sexualizing her. Right? So you got a lot men that are doing something more in a sinful way when we're looking at all her content.

And it's one of those things where now I'm thinking, especially seeing what you've done with your platform, how do I help this young lady be able to spread a positive message to all of these followers?

What would you tell people if they have a platform like that and they're on that edge of potentially switching it over for a positve thing? I mean, to be honest, it's kind of hard when people have already built a platform and a name for themselves because when you're at that point, you feel like you already know everything.

You feel, like, why do I have to submit myself to something or somebody? And it is kind hard to get through a person who already build so much for themself and already reached success.

I know for me, the best thing that I could do for somebody is just to be transparent about the mistakes that i've made in life and just continue living out to the fullest what I believe in and to just be honest on why I believed what i believe.

I follow a religion based on definition. But I've never been a religious person. I have never a fan of Christianity. If you would have asked me 10 years ago, five years about religion, I would've been speaking against it.

But, do what I do today because I encountered God in unexplainable ways numerous of times. So that led me to the faith that I follow. Before then, I'd still be slinging meat, having sexual strippers, still being on drugs, doing what I do, because that's where I found joy.

But it's like once you encounter something real, what are you going to do with this now? So I've never been the type of fool or type a person to encounter truth, encounter some real and then be like, nah, that don't really exist.

Just like try to close my eyes to it and act like nah that's not real despite all the evidence. So I've gotten so much evidence in the God that I choose to follow today.

I'm like, nothing else truly matters. But when you're talking to a person who has five million followers, a persons who have a million in a bank, hundreds of thousands in bank.

A person, who ain't really struggling in life. It's hard to get through that person. I really have to be prayerful about God just giving me the words and really just be transparent because what's really going to win a person over is authenticity.

Being able to relate to the person and just taking off all your masks and being vulnerable and naked in front of that person. And letting that people know like, hey bro, this was never my first option.

I wouldn't be a Christian today if I ain't an account of God. But I am a christian today because I've encountered him. And that's why I give myself my platform, my voice, and everything that I do to Him.

And, I mean, the only, you know, really can't prove this thing to you, but I know what I've experienced. I can make you give yourself to God, give your platform to the Lord, change your mind on this.

But I can't just be transparent about where I've come from, about who I am, and just ask God to work just to give you an encounter and to just work on your heart through my transparency.

It's like, that's the best I could do. Absolutely. That's powerful. One thing you mentioned, you said religion, right? And I'll tell you with myself growing up in Jersey, I talk to you about this all the time.

I grew up as a Catholic, Dominican, grew a up Catholic and I got family members that are Jehovah Witness. My grandmother was a Jehova Witness and then I've got other family member that's are Mormons.

So we used to get family reunions. One person can't do this, this person cant drink, This person cannot play dominoes because it's gambling. I used to always ask my father, I said, dad, everybody can't be right.

And my Father used always give me this response, like, we just go to church to live a better life and listen to the word and be able to excel in life.

For me, that wasn't the answer I was looking for. It wasn' t really giving me the answers. Where this is taking me is I would always say, what is the true religion?

What is religion. So in your eyes, what is the definition of religion? I mean, I can't tell you. I know I have to Google it, but I don't know for sure.

By definition, Christianity is a religion by definition. But just off. Let me see, just of. What's the right word like? Slain. how we'll say it on the street.

It's like religion will be royal based. I mean, we can actually Google. Yeah, I made that. That's kind of where I fell through it. Right. Jersey is is what I ended up getting the answer to that I went to a non-denominational church.

I was already about 20 years old and the pastor was a young pastor. He actually ended saying to everyone there at the sermon, he said, religion is manmade.

Christianity is straight from the Bible. And then at that point, that's where I said, you know what? I'm a Christian. That's who I am. I mean, I no longer a Catholic. I was raised Catholic, but I m a christian at t at point.

What are your thoughts about that? So to be a christian is to b someone that follows Christ. Right. It's just the name. You know, there's many people that follow Christ that, You don't go to the same church.

Religion, Relationship, and New Age Beliefs

But I think Ultimately, it's all about reading the word, because none of us in here know who God is unless we read the Word, meaning you could have an encounter, a supernatural encounter.

But it's the words that tells you where it came from. It's to word that tell you how to love him, how the worship him. And that's what makes a religion.

Is something is because it is something you read. Now, relationship is what I believe what Holy Gabbana had, which is a direct encounter And that led him into reading more because he didn't have all the understanding.

But now he's starting to collect different things about how God did things before and how he is doing now and will do later on. So I have a full definition right here.

Religion is a structured system of beliefs, practices, and worship centered around a higher power or deity, often involving moral codes, rituals, in a worldview that explains the origin and purpose of life.

So by definition, Christianity is religion. But we go deeper than that because in the system of beliefs and practices and worship, it's like, we're not doing this to build a relationship with God or to feel like any, because grace is free.

Salvation is three. It's, like God came to us. We're, not, doing these things to make us feel more holy or make, us, feel, more righteous or not. Once Jesus died, he said, is finished.

That blood is already, that blood already make us righteous. That Blood already covered us. Their blood, already given us everything that we need. So, you know, like a lot of these other religions, they practice righteousness or

practice holiness or practiced being good and think that's their ticket to heaven.

Right? That's not what we believe. So by definition, yeah, Christianity, the faith is a religion, but is is deeper than that because it's like despite our good works.

It's our faith. Where we receive salvation. Our faith in Jesus and his finished works and where we see salvation, amen. When it comes to faith, you brought up faith and Jesus.

How did faith play a role in you rebuilding your identity? I didn't try to rebuild my identity. I It's just been happening because I've been consistent in sharing my faith.

But I didn't care to rebuild my identity. I don't cared to build a brand. The only thing I wanted to do was share my Faith in Jesus because my cellmate, he shared the Gospel of Christ with me.

and then moved me. And then a year and a half, almost two years later after my gospel, I mean, after myself may share the gospel with me, my brother, My friend got shot, set up, died, pronounced dead in the grass, woke up in a hospital talking about Jesus.

After my homeboy got shut, that was so real to me It's like nothing in this world mattered. Nothing in his world matter. And what my friend came back to life talking about, that's what truly mattered to me.

Can you share what your friend… Yeah, because… What he said, what he saw or whatever? I mean, after he got shot, he called on his mom. Well, he called his mom and he was telling his Mom that, hey, I just got shot, i'm dying.

I'm sorry. iIm dead. And she was like, if you about to die, you better call on Jesus. Let's go. If you gonna die. Call on jesus. And I'm hearing the voice recording between him and his mom, and it's just so heartbreaking because his Mom's screaming and crying.

And he shared with me that when he got off the phone with her, he tried to walk to the nearest house to get help, but he couldn't walk anymore. He fell on his knees and he said, Jesus, forgive the shooter and forgive me for my sins.

Oh, thank you. and He said that he experienced something after that, that it was just heavenly. It was so loving. and he couldn't explain what he felt but all he knew that he'd rather be there than to be back on this earth with his wife and his kids.

Let's go. That's powerful. So for me, That's real. I'm listening to this dude like, what? What are you talking? The thing is that you believe them is crazy.

Well, I believe him because I know this do. Right. That is why I believed him. This ain't no homeless man I am talking to in the street. There is no dude on drugs.

It's your brother. Yeah, and I actually know him, so when he telling me that he rather be back where he was than to be here with his family, look me in my eyes and tell me again.

He like, John, I would not lie to you. I said, he said bro, Jesus is real, bro. He say, i'd rather be back where I was than to be here with you, my family and my.

Family. So listening to that, so what are you saying? He said Jesus. It's real. He said, Jesus is real. I called on Jesus before I took my last breath on earth.

And I just was, he said man, I was just somewhere where everybody welcomed me as if they already knew me. He say man there was big mansions. he say I don't even know if I could call them mansion.

They were just so big. It was like castles. He said, I can't explain it. I don't even know it, and I couldn't put it into

words. But I just remember calling on Jesus and just leaving my body.

He says it didn't hurt. It just shifted into another reality. And I was still living. Did you see God? What are you talking about? He say no, man. I would just so overwhelmed with the love that I was on my knees, face down crying.

Let's go. You feel like that moment was your first encounter with The Lord? No, it was my second. What was the first? My cellmate, he introduced me to the gospel.

Okay. And when I was in jail, our son got to know the Lord and I felt the presence of the Holy Spirit. That's cool. But when i got out of jail I wasn't worried about that.

I still chasing money, women, social media. that's what I own. i was happy to be out. I got sentenced five months, but when I get out of jail man I was just worried about I Got famous on social media.

I'm worried by getting my social Media back I just got my Social Media account deleted five million followers deleted because I posted the video me having sex on Instagram So when i get, out, of, jail i'm, worried, about getting, my, account, back that's what i've worried About But my encounter that i had with the holy spirit was still in the back of my mind And then for a year and a half, almost two years, I end up following the New Age religion.

Because I'm worried about money and they teach you about the universe. They teach about rituals. I teach it about ancestors. So during this time, that's what I want.

That's something good because I've had other people bring that up on the podcast because you know what? We're obviously in the health and wellness and there's a lot of frequency of work and and everything else that people tap into so that new age spirituality Let's talk about that.

I want you to kind of go into detail of what you're talking about when it comes to New Age spirituality. So I remember when I got out of jail, I was having money trouble.

And I went to research in how to save money. and I ran into how manifest money So I clicked on it and it's teaching you how to manifest money, how the attract what you want.

And then it talking about meditation. Then it talk about doing rituals. Than it talked about God and then saying, God is not an actual living being, but God, is actually the universe.

I'm like, okay. So they talking all God this universe, then they like Jesus. They mention in Jesus, Jesus is not an actual person. Nah, man, it's the son, the S-U-N son.

So I'm like, oh, okay. All this is like a figure of speech or something. Metaphors and stuff, I like okay, Then they talking about ancestors. So what we doing is we pray to our ancestors, we give thanks to my ancestors you know, our ancestor did this for us.

Oh, that must have been an ancestor of mine that came to me in my jail. I said, so I asked my uncle at the time, he's not a believer at all. He don't believe in Jesus.

You don' follow Jesus? He he is a Rastafarian. And I say, oh, Man, hey man, this YouTube stuff talking about Jesus not real, God is the universe, and we worship our ancestors, what you think about this?

He said, man that's what they say, that what's they said. And I'm like, oh okay. Then like a month or two after that, I ran across my partner getting shot.

He telling me Jesus is real. You know, that New Age spirituality, when it comes to a lot of like, you know there's a lotta like energy stones that they use, the full moon.

Man, it's like everybody trying to filter out God. Yeah, and you know, I got a problem with the New Age spirituality

because I do believe that there's actually science behind certain stones having certain frequencies and stuff.

But that does not replace God. That does NOT replace Jesus Christ. Well, God made stones. He made everything on this earth. Exactly, I'm saying so it's not it.

It's like we stripping We taking God's creation and we taking the God who created it out of it and trying to replace them with it Yeah, that's what I am saying.

And that is what we shouldn't do. No, God created everything It is a tool that God put in front of us to utilize for whatever it is, but not to be replaced.

Exactly. Yeah, they're praising the gift and not the one that gave the give. Yeah. That's what I'm saying. But because it's like once we bring in God, the true living God that requires us to submit to his authority.

That requires us to just be obedient and be transformed by his desire, by His will. And it's like when we leave out God, we're left with however we feel, whatever we believe, or whatever desire.

We are in full control. we become our own God. It becomes our own religion. You know what I'm saying? Yeah. Where we're the ones writing the scriptures and it's conforming to us.

And that's where it goes back to the Bible. The Bible, it is telling us how to be because someone else wrote it that is inspired by the Holy Spirit. That's why we get this whole frame of religion It's telling us how to be, it's not what not to do.

And what he's saying is people don't want that. They want to what they want. New ages, I would say is just easier. What would be the biggest problem with a lot of these younger generations that are falling into this new age spirituality because the new new spirituality is it's it say going crazy.

Especially here in South Florida. I mean everyone that go out to the beach and they're doing this full moon thing and this and that. Where do you see it going?

I mean, honestly, it's just all of us, we just trying to be our own God. We trying be in control. People just full of themselves. And that's all it is.

we gotta be willing to lose ourself to give up control, We just gotta to throw up our hands and be like, none of this matters. I don't want whoever I am is in Christ.

It's like, we just gotta be willing to just throw up our hands and be like God take the will. But everybody just wanna believe that they're God, they are in control, that have all control.

Which is so cat, it's so dumb. Man that's dumb! If you could control everything, then why are you still stressed out? Why are so depressed? why do you have anger issues?

or why you in jail? You know what I'm saying? Don't you just get out if you control? Exactly. If you're God, then let me see you speak life into existence.

Let me see you do that. Let you speak your problems to where they're going. Facts. You know what I'm saying? Let's me you see that since you Almighty God.

I want to see, I wanna see it happen. Move the ocean. If you could do it, then I'd believe it. Right. That ain't happening. It ain' happening! That aint happening because check this out, people would be like, oh I am God, but will go home and they ain't pay their light bill.

They going home, you know what I'm saying? It's a 10 household family standing in a two bed room. they going to home. And they can't eat what they want to eat.

Right. When they go on home they cant even control what's on their TV.

Addiction, Recovery, and Mentorship

Ain't got no wifi at the crib. Can't even pay they car note, but you got almighty. Who you think you fooling? You don't even love your life, but you got.

You ready to clock out? You were thinking about suicide last week, But you've got! You ain't fooling me man, stop playing the bro. It's time to get out of the driver's seat.

Everybody wanna be God. They wanna act like they in control. they so full of self, pride, ego, arrogance. But it's like we gotta lose all that bro, we just gotta, We gotta loose all of that.

John, back then you had a different name that you would go by. Yeah, Boonk Gang. So when you were going by Boong Gang, what was the lowest moment that your experienced?

Being doped up and shooting myself. What do you mean? Like with an actual pistol? I actually shot myself, yeah. Wow. Well, What did you feel when that happened?

I didn't feel nothing. I was high on drugs. The day after? No, the day of. No I'm saying the after. How you feel? Oh, how did I feel. Yeah. That was a while ago.

It was like seven years ago What classified that as the lowest moment for you? I had a lot of low moments in my life. But I say that was pretty bad because I actually, I mean like getting shot is pretty but when you shoot yourself I'm like damn that's like tragic.

Right. Yeah. The addictions that you had back then, what were the specific addicians? Pills. And that that what led you to shoot your self at that moment?

It was an accident but yes. What were the steps that you took to get away from those addictions? Was it you actually? Just making better decisions day by day.

Cutting off who I surround myself with, cutting off where I hang out at. Just day-by-day making different decisions, new decisions. And then just by that, man, just everything changed for me.

Did you have any influential people that led you to the point where you're at today? Absolutely. Uncle Reese, he's been a big influence in my life. He's a gospel singer.

And I met him the first time I went in the church. Ten months after I got baptized I didn't step foot into a church and then I decided that I wanted to step in the church to worship live in person.

I walked in to church, I sat in a front row and the elders of the Church came to me and my brother and they tried to move me. And the pastor of the church said, hey, leave them young men alone.

And I sat in the front row because the row was sectioned off for the elders and the people that's in charge. But the Pastor let me sit there. Uncle Reese, he came up to me after service.

He was like, Hey man, the way I'm the youth pastor at this church, And the way my class reacted over seeing you, I just felt led to ask you if you want to have lunch.

I said, yeah. And ever since then, man, just kicked it with Uncle Reese and just asked him questions about the Lord. He was a big influence on me because at that time I didn't know nothing about God, but I wanted to know everything about him.

And Reese been saved for however many years he's been safe. He's the youth pastor, gospel singer. And I believe

just based on the conversations that we had, the personal conversation we have, I just believed in the God that was in him and believe in his godliness and just let him mentor me.

That's amazing. And he had a big influence on just the route that I took in my life when walking with the Lord. He was a mentor to you? Yeah. When you were talking about how you sat up in the front seat, the first row, Initially, when you started going to the church, what moved you the most when he went to service?

Was it the Sherman itself or more of the worship? I just wanted to worship. That's actually, that's how I felt when I first started getting back into the church.

The worship, the music, to me it was hitting right. I just felt it. And then I feel the Holy Spirit within me just vibrating. You know? And it took a while until the actual sermon, The Word, I started actually kind of focusing tuning in, you know, but the worship, that's really what moved me.

And I asked that question, because I always try to see like, really, what what is that initial thing that moves someone to really start participating more?

Yeah, um, I was already getting good word at the house. But by the time I decided to go into church in person, I just wanted to worship in-person. I wanted feel what it was like live to to work with God and just to be around other believers.

Is there any type of worship music you prefer versus the other? I mean, not really. If it's praising up God, lifting up the name of Jesus, I'm down with it.

That's pretty cool. What about you, Jersey? I like holy. It's whatever. I liked all different types of fashion, colors, so you just never know. Any type of feeling.

As long as Christ is in it, we'll be fine. I mean, you love music, so you're always jamming to everything. For me, like the jumpy music. You know, I think it has its time and place.

It doesn't really do it much for me. I'd say more of like gospel music is more powerful on my end. And I. Think it depends just like as a person, if whatever you in the mood in.

So even if you were in a world, there's a time in space for every type of beat. If you want to get entertained, if you wanna get intimate, you'll listen to more worship music where it's slower and it gets deeper into your soul.

If your just working out you might listen some hip hop joints, so it based off the feeling, where you at on that day. Yeah, I agree. Do you ever get temptation to return back to that clout?

No, I wouldn't say to return back to clout. During that lifetime I was specifically doing certain things to gain attention. So now it's like the attention is all on me.

I don't want it no more. You got it. Yeah, yeah. It's all on me. I'm good. But you're using it in the right way though. Right. Fuck. but I still get tempted to do other things.

Absolutely. Like I may see a good looking chick walk past me, I might get attempted to slide in. Or somebody may say something that I didn't like. But to go back to living how I used to live, nah, that's not a temptation at all because it's like what I use to do when I was 21 years old, 20 years, I specifically doing certain things to gain clout.

I already got it. Yeah, yeah, but you know still other temptations where it's like falling in the sand and doing certain things absolutely I get tempted I Mean you you had the ability to truly break free from all of that and you feel like you've been able to stay healed this whole time Stay healed.

I believe I'm healing you're healing. Yeah because a lot of my wounds are self-inflicted I have childhood wounds where I wasn't brought up in a perfect household.

None of us were. But I believe I left being a teenager from my house a little traumatized, but I made it worse on myself with a lot of decisions I've made as a young adult.

I mean, to be real, it's like everything that I've been through in life made me who I am today. And, you know, It gave me a backbone. I'm not as soft as other people may be.

And it's like, I don't, you know, i'm able to give grace to a lot of people because I understand where I come from and how much grace God gave. So it is cool, but Yeah.

How do you balance your influence and authenticity? Well, I'm not trying to balance it. I don't care about my influence. I mean you got a powerful influence though.

I do because you know I got 1.3 million followers I'm almost at 1 point 4 million I get a hundred thousand to 400,000 likes like you Know and I bet people reaching out to you people that are broken Yeah, like three thousand at ten thousand comments is like that's a large scale, but it's like the least three 100,000 likes, 150,00 likes the most, 400, I got 600, 10, but I'm not focused on that.

But do you think that God has given you that influence to be able to utilize it in a way to get his message out to the rest? But that's just the thing though.

I'm not focused on the masses. I focus on a message. The only thing I care about is Jesus Christ. But I don't care how you perceive me. All right, I used to care when I was 20, 21 years old, 22 years.

So I use to do certain things for influence and cloud and everything, but I'll care. Don't want care by offending nobody. Me coming from the hood, face full of tattoos, grill in my mouth, pan sac.

Man, I don't care about none of that. I care bout preaching the gospel of Jesus Christ. That's the only thing I cared about. Because the one thing that matters is who you say Jesus is.

Is he king or is he not? You sitting here worried about how I look, where I come from, what I've done in life. No, that's not the question, not a matter.

The only thing that matters is, is Jesus king or is he not? What you saying? So it's like everything else, it don't matter. To me, It don' matter Is Jesus King or Is he Not?

Is jesus lord over your life or, Is He not That's the only that matter And I'm gonna be the person to ask that question Now, its like, you know, God, He ain't tell me Hey, I want you to go put on a suit and tie before you go ask people that questions Hey, I want you to go remove your face tattoos before you go ask people that question Hey I, want, you, to, go clean up your whole back your, whole record your Whole background i want.

You to remove all them videos of your past I Want you do that and then go, ask, people who do they believe in jesus in my son jesu he said none of that He just said go preach the gospel message right that's all i'ma do Yeah And the thing is people can connect better without you switching those things to be honest with you Yeah, so with that, you know, my platform has increased, but I'm not focused on that.

I focus on the message of Jesus Christ, the gospel of Christ. And whatever increase God gives me through that? Cool. It's for his glory. Fine. Dandy. But I don't care about it.

Because I can tell you this. When I had 5 million followers, I was in the jail cell with nothing. I have 5 million followers but I'm still in the jail cell with nobody to talk to.

With no money on my books. Nobody visiting me, nobody writing me letters. But I got 5,000,00 followers and people engaging with my content. It didn't get me nowhere.

I still struggling. So just because I am saved, am I supposed to care about this? No. Because I had it at a high level

when I wasn't saved and I didn't see nobody caring about my health, nobody, by my benefit.

They just wanted to laugh. So I don't care about it. For the younger generation that's out there, that listening to the message today, what's something that you can really deliver to them right now that can stick?

You know, a lot of us, we want fame and we won't fortune. We want to be seen. But the reality is, it's like you can get attention. Well, I believe the most important thing in life is not wealth, but relationship.

When you have people around you who truly care for you, truly cared for your health, really care your mental, truely care how you're doing in life. When people, when you had people.

Around you was laughing with you and not at you. I think that's when you're winning in life. When you got people who really just love you for you. But in those relationships first.

We live in a world that is very transactional.

Faith, Health, and Biblical Nutrition

That's what I'm saying. And it's like the route that I took first, I wasn't doing anything but building a lot of transactational relationships. Hey man, i see you doing your thing.

I'd love to work with you on this. They don't care about John Hill. They don't care about John Hill. They just care the image I'm putting out and the views it's getting and how it could benefit them.

Yeah. they don' care bout my real health, they dont care my my finances, They dont' about my family, my son. If I was to die they wouldn't look out for my seven year old son They gonna continue trying to figure out what's next for them When we talk about God And a lot of people that believe in Christ.

But sometimes they say, well, you know, I've got to put my wife first. I got put, my children first before anything. And in your opinion or in God's opinion, who should be put first?

The wife, the kids or the Lord? God, My wife and kids. Jersey. Yeah, that's how it is. In the frame of things, God goes first and then your wife and your kids.

That's just the truth. Let's dig deeper into that so people understand why. Well, God, I say God because He's the one that's going to give me what I need to be able to manage my family and manage everything that my families needs.

He is the One that is going provide for me and my Family. If I put God out there equation, who the hell is gonna provide me for my and family? I could try to do it in my own strength, but I'm only going to get so far.

But if I come to God as a man, because the reality is God is the one that created me and my wife and kids. He's the One who put breath in our body and our kids because God said before we were born, He knew us.

So he the one who gave me my life, my wife, her life and my kids, they life. So I got to put God first because he's the One who's going to cover all of us.

And then I say my Wife next because she's my partner. She's The One Who birthed my Kids. I can't put my kid before her. My kids gonna grow up and get old one day and they gonna leave the house.

And this is going to be me and my wife. So I got to make sure my, me, and wife relationship on 10. We got be straight. I gotta put my life first. And then my kids, and then I gotta raise them up in the Lord, so when they get older, they don't depart from me.

So it's God, wife, then, my kid. I agree. That's exactly how it should be. Spot on. He got it. At the end of the day,

kids can grow up. They'll leave the house.

Make their own choices. Got free will, right? You know what? Your wife. Being a tragic accident, she can pass away or you guys can get divorced. But the one person who's always going to be there is Lord God, he's there with you.

He's within you." So that's something important. And I want to hear it from you so that the listeners and viewers can hear this well too. I'm on the same page.

Appreciate that. Absolutely. You know, I want to talk about legacy and defining. I wanna hear you define what legacy means to you and what you see your legacy being as time goes on.

I ain't real about none of that because I understand that I could walk out of this building in my life, be taken away from me. So I'm just trying to enjoy every moment that got here on earth.

And I pray I live 70, 80 years. I'll be 29 next month. But I honestly, man, I really not focused on none this world, at least at a jump. Man, The only thing that I truly want to leave behind is that people witness that persevered and I stayed consistent and that stayed faithful in my belief in God despite anything that came my way.

And that they could just be inspired on how faithful I was to the God that believed in despite everything. Because when you look me up, my comments ain't all perfect.

People still talking mess about me. People still bring up my past and who I am and how I came up. But it's like I'm not focused on none of that. I not focus on what I could get from this. I'm focused only on the gospel.

And I don't want to see people believe in the same God I believed in. Because I believe He the God that can save your soul. Nobody don't want to die. When we think of death, we all squirm in our pants.

Nobody want die, We all want live. But Jesus say, if you believe in him that he'll give you eternal life, that you'll live forever. I'm like, bro, If you surrender your heart to Jesus, you believed in Him, You will live for ever.

Those aren't my words. those are not my word partner. Jesus said, if you believe in him, you will live forever. I won't live for ever, dog. Don't wanna die.

You know what I'm saying? Sure, I'll try to see you in the next life. Let's go. So if people could just be like, man, he believed in God so much, He just stayed on course no matter what.

There gotta be some truth to it. That's cool. Yeah. And I see the evidence in his life, that's the type of legacy I wanna leave behind. Love that. Amen.

So to switch some gears here, so we're on a Healthy Point of View podcast. Obviously we talk about health and wellness quite a bit. And one of the things that we want to talk in today's podcast is how believing in the word and following what the words says has a direct impact to your physical health.

right? And this is something that I wanted to talk about for quite a while on the podcast. And I would always tell Jersey, it's like, man, I just got to find the right person so we can talk this and you're it.

So we thought about bringing some of our pastors local, you know, part of the big mega churches and stuff. I felt like this was the time to just talk how If you listen to what the word says, and Jersey, you say it best, it's a commandment, right?

Yeah, like we spoke earlier, It's the command and to me it is a conviction. Just like how I wake up and pray, I also take care of my body and make sure that when the spirit dwells in it, that it will be able to breathe well.

It would be able to walk well and do everything he needs from me. So I think we have to feed the body the right

things and also for our mind state. If we're in an anxious form, then the Holy Spirit, you can block him from doing what he's supposed to do through you on that day.

We have find that peace in God. So I wanna go into scripture and actually, let's just chop it up. Almost like it's like a little Bible study right here.

And talk about some of the things that's in the scripture. So the first one that I'll start off with is Corinthians chapter six, verse 19 through 20. It says, do you not know that your bodies are the temple of Holy Spirit who is in you?

whom you have received from God. You're not your own, you were brought at a price. Therefore, honor God with your bodies. Let's go. What do you think?

I agree with everything that's written in the Bible. And me personally, I mean, that I take that into account. You know, I used to just do anything with my free will, and I don't really do that anymore.

I'm aware that it's not just me, but I also have the Holy Spirit indwelling in me. And God tells us to not grieve the holy spirit. So I am aware of his presence.

You I mean, you know I take care of myself. And that's important because, you know, your body is the temple of God. And when you do certain things to your buddy, that is not healthy, right?

God lives within you. So it's a sin. It's interesting because this was brought up in some conversation, we were talking about it not too long ago, Jersey, is that every other sin is done outside of the body.

This one sin, you're actually sinning within the body by poisoning yourself, doing drugs, overindulging and stuff. So for me, I think it's important for people to recognize that being healthy is just not a physical thing for you to look like this GI Joe or something like that.

It's something that spiritually you should be doing because God lives within you. The other verse here is Genesis chapter one verse 29. It says, then God said, I give you every seed bearing plant on the face of the whole earth and every tree that has fruit with seed in it.

They will be yours for food. What do you take that as Jersey? It's basically saying that God. Had an equation for us, you know, go out. And cultivate, plant seeds, but and in that you're going to be nourished, so we got to eat from from the ground, we gotta eat, from.

The trees we've got eat. From from what he already placed for so all that other chemically stuff that they be trying to generate and put in us. We got.

To be careful. what we're consuming, what other companies are trying to provide. We should read the label, basically. Make sure that is the most organic things that you could put inside of you, because that's the origin of our body.

That's to make up for our bodies, which is just a natural products. So that that my take on it. And we live in such a world where there's all this ultra-processed food, right?

And, we talk about it all the time about, well, there are these food deserts where our communities have grown up. And there is all these ultra processed food to help starvation.

But at the end of the day, what is it that we're putting into our body? You just mentioned making sure that the things are organic. In that sense, like Holy Gabbana, how important is it to making sure that you're feeding your body actual real food versus a lot of this toxic stuff that's out there?

I mean, I'm gonna be honest with you, man. I like everything organic and natural. So for me, God's been good to me financially, so I make sure I eat what's right.

But I don't understand that everybody is not financially blessed or They might be mismanaging their finances and just not able to get high quality produce or food.

But all this stuff got some type of chemicals in it. To every breathe, it's not 100%. But I certainly believe that just eating right, making sure we put the right fluids and food into our body is absolutely important.

But some of us can do it on a greater scale than others. I think knowledge is very important as well too because I feel like, you know, I grew up in the inner city and we weren't taught a lot of these things.

The things that we were taught was completely different. What was healthy when I was a kid, it was almost like the bigger governing bodies trying to tell you what to eat.

And it's scary, you know, now there's a lot more awareness with all the stuff that's going on and all of the poison that is in the food and how it is causing all these diseases.

But when you go back to the scripture, man, even something like bread, right? You go to Ezekiel chapter four, verse nine. Right now in health and wellness industry, there is a bread that you can buy at the grocery stores in a frozen section.

It's called Ezequiel bread. And I know when I first started, you know, buying it, I said, wow, why is this so healthy, reading the packages of Ezekiel?

And it has a whole four or nine on it. This is something out of the Bible. And, and I didn't know this. And this is what the Bible says. It says, take wheat and barley, beans and lentils, melon and spelt.

Put them in a storage jar and use them to make bread for yourself. You are to eat it during the 390 days you lie on your side. The Bible gives you the recipe for the healthiest bread that we have today, which is sprouted bread called Ezekiel.

But that's just the thing. It's like the Bible also says, my people perish because of lack of knowledge. So if we don't have people like you spreading the knowledge, people are not going to know.

People have to be informed.

Purpose, Legacy, and Closing Prayer

We need more people spreading a message so they can become knowledgeable and eat healthier at a cheaper price. And for me, you know, and I work on that quite often, but I want people to recognize that it's not just about what you're hearing in the media.

It's just what your reading online. You can go right into the Bible and the bible is feeding you so much of this information of how to take care of your health.

There was I wanna read this other one here. And Jersey, I think you got a couple you wanna go through. No, go ahead. Okay. You can speak. There's this one, here, where it says Matthew chapter four, verse four.

Jesus answered, it is written, man shall not live on bread alone, but on every word that comes from the mouth of God. That was powerful. So even for the health nuts that are out there that I think you know, I'm eating healthy this that blah, blah blah.

That's not enough. Right? While it speaks to the necessity of spiritual food, it emphasizes the importance of balance life that considers both physical and spiritual nourishment.

How important is spiritual It's more important than the physical. A hundred percent. Because we're spiritual beings first. Right. And we became more physical than spiritual because of sin.

So it's absolutely, it is absolutely ten thousand more importance because when you fast, you're not fasting from the spiritual. You're fasting for the physically.

To heighten your spirituality. Let's go. Yeah, that's good. I like that. It was this other one I want to hit on real quick. A cheerful this is a proverb 1722 a cheerful heart is good medicine, but a crushed spirit drives up the bone.

This is basically, it highlights the importance of emotional health and joy on physical health. Positive emotions can have a healing effect, which this is emphasizing the impact of joyful spirit on overall health, and we talk about it all the time about how stress kills, right?

And through prayer and our connection with God gives us that inner peace. Tell me a moment when you've had the ability to bring stress and anxiety down through prayer.

I mean, honestly, I can't even give you a minute, but I could tell you my life now. Because I live my. Life.. I'm not trying to control anything, just believe that.

You know, whatever happens, happens. But I am not sitting back doing nothing. I'm working towards my goals, I working, and I going, but it's like, if a door closes, it closes.

Okay, cool. I am not sitting here trying to pry the door open. If a doors opens, then let me walk through it because, you know, obviously there's got to be a God because I walking down his path.

Romans 8 28 says, all things work together for the good of those who love God and are called according to his purpose. So, I mean, when I leave this podcast with y'all, i'm not going to party.

I'm, not hitting the strip club. iIm not, going drinking and doing other stuff and getting drugs. Nah, live my life for The Lord. I don't live a perfect life.

Not absolutely, no. But the path that I'm on is definitely for God. So it's like, whatever happens in my life, not that that's I just sitting back and I not like whatever happen, happens, you know, cool, or whatever.

No, I put in work, but I am not trying to control everything. So I'm relaxed with whatever door opens. I relax with what ever door closed because I know that I am walking for the Lord.

So whatever God has in storage and whatever he don'ts, I just trust him. Absolutely. Holy Gabbana, if there's someone who's listening or watching this podcast who really resonates with today's message, What's one thing you can leave them off with?

Well, honestly, man, I believe when as human beings, when we think of God, we thank of ourself so less. Like we like, nah, it could never be me. I've done so much wrong, or I look like this, Or I don't even have a testimony.

I come from this or we think of ourselves so little, we can't be used by God. Man, there's so many stories in the Bible that God gave us an example of who he used.

He loved us all. Like his love is available to every single person. We just gotta choose him and once he choose us, man, he'll be able to take us to places we ain't ever imagined ourselves would be.

So it's really the effect of just placing our faith in Him, losing ourself, and just finding Him. And let Him guide our lives. He guide out lives by our decision making.

We just got to choose Him and we choose him every single day. Lose our self, choose He. That He'll open up doors, opportunities will come our way, because I'm going to tell you this.

When I was 20 years old and I would chase some money, I was chasing that lifestyle. Man, so much more came to me by chasing God. He said, see ye first the kingdom of heaven, his righteousness and all these things will be

added on to you.

he don't want us under sleeping under the bridge. If we got to sleep under a bridge for a season, it must be a reason. But we ain't never seen the righteous forsaken or their children begging for bread.

I know God, he want us at the point where we so humble, humility, because he gives grace to the humble but he turns away from the pride. He turns away from the powerful.

So never count yourself out. Always believe in God and just be humble. Despite your past, despite what you've done, how you look, where you come from, just believe God, have faith, man, and let Him take you wherever.

Just let them be God in your life. Be God over your lives. And you will find so much more joy in that than just to try to be god yourself. Amazing, powerful brother.

Jersey, is there a message you want to leave the people with one message? I would say, don't, Don't try to do it by yourself. This is the community. And, you know, try reach people that that know God that you might think no God and start there.

There's a lot of people that are trying to do things on their own in their rooms. And yes, you may have an encounter, but it's so much better in community.

So I would just emphasize, get out there, talk to someone about what you're going through. If there is people available locally, there must be. Just go out.

I agree with that. And that's the power between community and we see it all the time. We see that the shop. That's right. Jersey, we got a little something.

All right, yeah. So Jersey has a Christian brand called minor. Yeah, it's based off of the prodigal son. Basically, you know, there's a lot of us that You know, we run astray and we want to leave our fathers and, you know.

We go out there and think that tomorrow's promised. So my brand is called Miner. Basically, humbling ourselves because we know who is major, and it's just a little reminder to those who need it, especially me.

I just wanted to give my brother Holy here with this and I hope that he enjoys it. I appreciate it. Thank you shit. So basically it's the same shirt that Sam has on and It's too much for me and mentality.

Okay, and he just keeps putting it off, you know, he's smoking he was drugging and and You know hopefully we could get out there and spread the message just the Same way 40. Gabbana wants to do it and I appreciated man.

Thanks you, man So only about a man if people want to find you how do they find it? Oh Holy Gabbana on all platforms, it's simple. H-O-L-Y-G-A-B- B- A-N-E on every single platform there is.

Amazing. Jersey, where they find you? Well, you could just follow me on Instagram, Clevy, C- L- E- D- Y. For now, that's where we at, and hopefully we'll have one for Minor soon.

Appreciate it. Holy, you want to lead us in closing out prayer? Absolutely. Dear heavenly Father, Lord God, I just thank you for this moment of life, this time of fellowship.

And I pray everything that was said, that you just move on hearts of those who hear this and that You just help us incorporate everything, every gem, very wisdom, and every advice that were said across this platform into our lives.

And that you help us just to surrender ourselves unto the Holy Spirit and that You help to be great stewardess of everything that Your given us and you bless us with all that we need to finish out this season of our lives because I know that were all in different seasons but through Your strength, through your empowerment, your grace, love and mercy That we could complete this season whether we're going through financial struggles depression questions or

Anxiety whatever we are dealing with that you give us the strength and grace that we need to get through this Season so that We could move forward And your love and mercy Heavenly Father and just that, we can finish this race and I know that you're the God that starts and finish and that You won't leave us hanging and if You didn't bring us this far just to leave Us hanging Heavenly Father so just thank you for breath in our lungs and for life in Our bodies Heavenly father and just Just to help us to be bold and help Us to to Be light so that others could be saved through What you're done what you've done in our life and what?

You plan to do in on lives in Jesus name. I pray Amen. Amen Thank you brother. Thank your brother I appreciate you. This is a message that the world needs.

Yeah, absolutely. God bless you, brother Guys as you guys heard here were holy about him and Jersey Putting God first in your life is what's gonna make the true difference on living a healthier, more fulfilled, mentally, physically, internally type of life.

It's a gap that you might feel empty if you don't have that connection with God. Make the first step. If you gotta reach out to any of us, That can be the first step.

As you guys know, I respond to every single message on the social media platforms. If I can help you make that step in the right direction, i'm here to do that.

Make sure you share this podcast, subscribe, like, follow, do all that stuff. Let's spread the message to make sure people walk in light of God. Until the next one.